



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09252, Pears, raw

Report Date: June 30, 2017 20:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a>	g	83.96	32	0.111	81.63	85.08	3.0	83.625	84.289	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	239	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein <a href="#">1</a> <a href="#">2</a>	g	0.36	29	0.016	0.22	0.59	7.0	0.325	0.398	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.14	24	0.019	0.01	0.3	7.0	0.094	0.185	2	Analytical or derived from analytical	--	08/2012
Ash <a href="#">1</a> <a href="#">2</a>	g	0.32	24	0.019	0.1	0.6	5.0	0.264	0.367	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	15.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	3.1	24	0.074	2.5	3.7	8.0	2.907	3.249	2	Analytical or derived from analytical	--	12/2002
Sugars, total <a href="#">1</a> <a href="#">2</a>	g	9.75	24	0.207	8.47	11.79	5.0	9.23	10.269	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.71	24	0.090	0.12	3.68	7.0	0.495	0.924	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	2.60	24	0.156	1.58	4.92	3.0	2.112	3.081	2	Analytical or derived from analytical	--	08/2012
Fructose <a href="#">1</a> <a href="#">2</a>	g	6.42	24	0.060	5.13	7.13	9.0	6.285	6.557	2	Analytical or derived from analytical	--	08/2012
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	23	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	23	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2002
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	9	51	0.411	6	13	4.0	8.114	10.517	14	Analytical or derived from analytical	--	05/2003
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	0.18	55	0.027	0.11	0.43	2.0	0.062	0.295	14	Analytical or derived from analytical	--	08/2012
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	7	51	0.065	6	7	8.0	6.623	6.923	14	Analytical or derived from analytical	--	05/2003
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	12	50	0.226	8	14	10.0	11.11	12.112	13	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	116	50	3.612	86	144	2.0	98.113	134.256	14	Analytical or derived from analytical	--	08/2012
Sodium, Na <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	1	51	0.204	0	2	11.0	0.631	1.53	13	Analytical or derived from analytical	--	12/2002
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	0.10	51	0.004	0.07	0.15	3.0	0.089	0.113	14	Analytical or derived from analytical	--	05/2003
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	0.082	57	0.006	0.05	0.13	2.0	0.053	0.112	14	Analytical or derived from analytical	--	05/2003
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a>	mg	0.048	60	0.003	0.04	0.07	2.0	0.039	0.058	14	Analytical or derived from analytical	--	08/2012
Selenium, Se <a href="#">2</a>	µg	0.1	8	0.007	0	0.1	3.0	0.036	0.084	1	Analytical or derived from analytical	--	12/2002
Fluoride, F <a href="#">15</a> <a href="#">16</a> <a href="#">17</a>	µg	2.2	20	0.195	1.3	3	6.0	1.694	2.649	3	Analytical or derived from analytical	--	05/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	4.3	16	0.225	1.5	5.7	2.0	3.336	5.299	2	Analytical or derived from analytical	--	08/2012
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.012	16	0.001	0.01	0.02	3.0	0.008	0.016	2	Analytical or derived from analytical	--	12/2002
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.026	16	0.002	0.01	0.05	2.0	0.018	0.034	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.161	16	0.005	0.1	0.18	3.0	0.144	0.178	2	Analytical or derived from analytical	--	08/2012
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.049	14	0.004	0.03	0.08	3.0	0.038	0.059	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.029	16	0.001	0.02	0.04	2.0	0.024	0.035	2	Analytical or derived from analytical	--	08/2012
Folate, total <a href="#">1</a> <a href="#">2</a>	μg	7	16	0.296	4	14	2.0	5.277	8.298	2	Analytical or derived from analytical	--	12/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	7	16	0.296	4	14	2.0	5.277	8.298	2	Analytical or derived from analytical	--	11/2006
Folate, DFE	μg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Choline, total <a href="#">2</a>	mg	5.1	3	0.123	4.9	5.3	2.0	4.588	5.645	1	Analytical or derived from analytical	--	11/2006
Betaine <a href="#">2</a>	mg	0.2	3	0.015	0.1	0.2	2.0	0.089	0.22	1	Analytical or derived from analytical	--	11/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a> <a href="#">18</a>	μg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">18</a>	µg	14	16	4.004	6	27	3.0	0.21	26.925	3	Analytical or derived from analytical	--	08/2012
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">18</a>	µg	1	16	0.812	0	6	2.0	-2.682	4.305	3	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a>	µg	2	14	0.448	0	8	1.0	-3.11	6.634	2	Analytical or derived from analytical	--	05/2003
Vitamin A, IU <a href="#">1</a> <a href="#">2</a> <a href="#">18</a>	IU	25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene <a href="#">1</a> <a href="#">2</a>	µg	0	14	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a>	µg	44	14	2.324	11	67	2.0	33.862	53.282	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol) <a href="#">2</a>	mg	0.12	4	0.003	0.12	0.13	3.0	0.114	0.13	1	Analytical or derived from analytical	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">2</a>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Tocopherol, gamma <a href="#">2</a>	mg	0.03	4	0.003	0.03	0.04	3.0	0.026	0.044	1	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <sup>2</sup>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>1,2</sup>	µg	4.4	16	0.185	2.2	7.8	2.0	3.716	5.178	2	Analytical or derived from analytical	--	08/2012
<b>Lipids</b>													
Fatty acids, total saturated	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
18:0	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Fatty acids, total monounsaturated	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
16:1 undifferentiated	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
18:1 undifferentiated	g	0.081	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
20:1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Fatty acids, total polyunsaturated	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
18:2 undifferentiated	g	0.093	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
18:3 undifferentiated	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Threonine <sup>2</sup>	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Isoleucine <sup>2</sup>	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine <a href="#">2</a>	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Lysine <a href="#">2</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Methionine <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Cystine <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Phenylalanine <a href="#">2</a>	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Tyrosine <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Valine <a href="#">2</a>	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Arginine <a href="#">2</a>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Histidine <a href="#">2</a>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Alanine <a href="#">2</a>	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <a href="#">2</a>	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glutamic acid <a href="#">2</a>	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Glycine <a href="#">2</a>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Proline <a href="#">2</a>	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Serine <a href="#">2</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">22</a>	mg	2.06	--	0.41	0	3.5	--	--	--	--	--	--	--
Petunidin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">22 23 24 25 26</a>	mg	0.3	--	0.04	0	2.32	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">22 24 25</a>	mg	0.6	--	0.25	0	5.07	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">22 23 24 25 26 27</a>	mg	3.8	50	0.32	0.1	17.74	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">22 24 25</a>	mg	0.0	--	0.02	0	0.5	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">22 24 25</a>	mg	0.2	--	0.12	0	2.52	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">22 24 25</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin <a href="#">22</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">22 28 29</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin <a href="#">22 28 29</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Iisorhamnetin <a href="#">27</a>	mg	0.3	--	0.16	0.06	0.6	--	--	--	--	--	--	--
Kaempferol <a href="#">28 29 30</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Myricetin <a href="#">22 28 29 30</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin <a href="#">22 27 28 29 30</a>	mg	0.8	--	0.26	0	3.4	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">31 32</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">31 32</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">31 32</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">19 20 21</a>	mg	2.0	--	0.94	0.7	4.33	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">19 20 21</a>	mg	1.5	--	0.75	0.43	3.36	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">20 21</a>	mg	6.0	--	1.49	3.7	8.96	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">20 21</a>	mg	4.7	--	1.77	0.58	8.02	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">20 21</a>	mg	18.5	--	14.97	0	56.33	--	--	--	--	--	--	--

#### Sources of Data

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